



Office of Insurance Management

Idaho Department of Administration

December, 2000

Creating a Better Balance in Life through the

Integrated Behavioral Health Plan

Balancing the demands of a career with a rewarding personal life and family responsibilities can be overwhelming. That's where the Integrated Behavioral Health Plan (IBHP) can help you.

This plan was created by taking the mental health and substance abuse benefits out of the state's medical plans and integrating them with our

previous EAP program. As a result, you get a program that is separate from your medical plan and focuses directly on the behavioral and mental health aspects of your well-being. The IBHP delivers the highest quality of services to closely match your needs.

The goal of this program is to offer assistance for personal, emotional and work-related needs through caring and qualified licensed mental health and substance abuse practitioners located in hospitals and facilities throughout the state. It is available to both you and your dependents.

To ensure confidentiality, and provide 24 hour a day service seven days a week, the state has contracted with an independent firm, Business Psychology Associates (BPA) to administer the program. This arrangement has been in effect since July 1st of 2000, when mental health and substance abuse benefits were removed from our medical plans. The only exception to this applies to mental health prescription drugs, which are still covered by our medical plans.

The Integrated Behavioral Health Plan program is separate from your medical plan and focuses directly on the behavioral and mental aspects of your well-being.



IBHP 24-Hour Pre-Approval Hotline
(877) 427-2327 or
(208) 343-4180

How the IBHP Works

The IBHP, which began on July 1, 2000, is composed of two parts. Knowing which part of the program covers you and your dependents makes it easy for you to identify your benefits and the level of service you are entitled to receive.

MENTAL HEALTH AND SUBSTANCE ABUSE BENEFITS. Benefits are automatic for employees and family members enrolled in a state employee medical plan option. Participants who decline medical are not eligible.

EAP SERVICES. All benefit eligible employees, spouses, and dependent children, whether or not they're enrolled in one of the state's medical plans, can use EAP services.

How to Access IBHP Benefits

Your first step to accessing the benefits of the IBHP is to contact BPA through the IBHP & EAP hotline. Mental health, substance abuse and EAP benefits are payable only for services and treatment **pre-approved** by BPA. If the situation is an emergency, the care must be approved within 24 hours after the person is admitted or care is received.

In This Issue:

Is It the Flu or
A Cold? *Page 2-3*

Stay Healthy During
the Holidays..... *Page 3*

Falling Asleep Without
Counting Sheep *Page 4*

Is it the Flu or Just A Cold? Here's How to Tell.

Outbreaks of influenza occur nearly every year between the months of October and May. But often their symptoms are similar to those of the common cold. Knowing how to tell the difference between the two can save you a trip to the doctor, or, if you do have the flu, get the help you need to feel better soon.

The common cold is an infection of the upper respiratory system caused by one of hundreds of viruses. These viruses pass from person to person, usually through hand contact with nasal secretions. Its symptoms are watery nasal discharge, sneezing, sore throat, fatigue, muscle aches, headaches and occasionally a low-grade fever. These symptoms usually build over a few days and slowly diminish over seven to ten days.

To help prevent this “catch-and-transmit” cycle, wash your hands often when you have a cold, or when you can't avoid being around someone who has a cold. And don't put your hands around your eyes, mouth or nose until you have had a chance to wash them.

While only your immune system can rid your body of a cold virus, you can temporarily lessen its symptoms with over-the-counter remedies such as decongestant medicine and acetaminophen. For a more natural approach, try the remedies prescribed in the box here!

Tender Loving Care

Treating the flu – or a cold – is mostly a matter of relieving symptoms. There are some things you can do to be more comfortable:

- 1 Get as much bed rest as possible. How you feel is an indication of your need to rest.
- 2 Take aspirin or ibuprofen every 4 hours. It's still the best available medicine for fever and muscle aches for adults. Children should be given ibuprofen or acetaminophen.
- 3 Drink plenty of fluids, especially water and fruit juices, and eat a proper diet. Fluids help to keep the mucus more liquid, and help prevent complications such as bronchitis and ear infections. A normal, well-balanced diet will help your body fight the cold or flu.
- 4 Try inhaling steam or use a vaporizer to loosen mucus in the nasal passages. If you use a decongestant or nose spray to relieve a stuffy nose, be sure to follow the directions on the labels carefully, and don't use extra doses.

Three Natural Remedies for Fighting Colds

Breathe Better with Eucalyptus

To feel better faster you need to get the mucus moving. Why? Because mucus is the ideal environment for growing bacteria. Here's how to wipe out that environment: apply a medicated eucalyptus chest rub to a wash cloth and put it on the floor of your shower. Take a hot steamy shower and you'll breathe easier and feel better in minutes!

The Science Behind Chicken Soup

There are three reasons why chicken soup really does help cure a cold: the steam clears your sinuses; the broth replaces fluid into your body lost from a runny nose or sweat due to a fever; and the garlic ingredient offers many antibiotic and antiviral benefits. Garlic is also an expectorant, which means it helps rid your body of harmful bacteria. The soup does not need to be homemade—just be sure to add fresh chopped up garlic cloves!

Fight Back with a Cinnamon Stick

Walk softly and carry a big stick...of cinnamon. Here's why: hidden in the bark is the oily chemical cinnamaldehyde, which kills harmful bacteria. To get the benefits of the stick in a tea try this: add several sticks of cinnamon and 2 cinnamon cloves to 8 oz. of boiling water; cover and steep for 20 minutes. For more cold-fighting power add honey and lemon. The honey's thick texture helps soothe a scratchy throat and “traps” bacteria, while the lemon stimulates your salivary glands and makes it easier to swallow. A side benefit of this secret tea is that it makes your house smell wonderful!





The ABCs of the Flu

Influenza shares many symptoms with the common cold, but these symptoms develop suddenly and are typically more severe. In addition to affecting the respiratory system, the flu may also impact the musculoskeletal, nervous and gastrointestinal systems. As a result, the flu can make you feel really miserable with moderate to high fever (101° F to 103° F) and chills, sore throat, cough and runny nose, plus muscle aches, headaches and fatigue. Other signs of the flu are also diarrhea and dizziness.

To determine whether you have a cold or the flu your doctor can perform blood tests, take a throat culture to test for bacterial growth, or order chest X-rays. These tests can also determine the specific type of influenza virus. Types A and B influenza viruses cause epidemics and can require hospitalization. Type C does usually produces only a mild infection.

While flu symptoms may last for as little as 24 hours, they can also continue for up to two weeks. The average bout with the flu lasts for four to five days. Anyone showing symptoms of flu is considered to be contagious and able to spread the infection through direct contact (shaking hands, kissing, touching contaminated surfaces).

Is the Flu Vaccination Right for You?

The best treatment for the flu is prevention through a vaccine. It is 70 percent to 90 percent effective in preventing illness in healthy adults. The vaccine is advised for pregnant women in their second or third trimester, strongly recommended for people age 50 or older and those suffering from certain chronic illnesses (especially of the heart, lungs or kidneys, or diabetes), severe forms of anemia or suppressed immune systems. Please check with your doctor to see if you should get the flu vaccine.

Stay Healthy During the Holidays with Good Eating and Sleeping Habits

How (and Why) to Build More Fiber Into Your Diet

During the holidays, it is tempting to eat fast food on the run and overindulge on appetizers and desserts at social gatherings. Yet, eating the right food is especially important during this time of year to help your body fight off the effects of stress and protect your immune system against nagging colds and the flu.

In recent years, the media has publicized the importance of fiber in our diets. But how do you know if you and your family are getting enough fiber? Most Americans actually eat between 12 to 17 grams per day. Yet the American Dietetic Association recommends eating 20 to 35 grams of dietary fiber each day.

This is an easy amount to build up to, as shown by the following suggested daily amounts:

- **two to four servings of fruit**
(1 serving = 1 piece of medium size fruit)
- **three to five servings of vegetables**
(1 serving = ½ cup)
- **six to 11 servings of bread, cereal, pasta and rice**
(1 serving of bread = 1 piece; 1 serving of dry cereal = 1 cup; 1 serving of pasta or rice = ½ cup)

Fiber is the indigestible part of plant foods. There are two kinds of fiber – insoluble and soluble. Both offer many health benefits. A varied, balanced diet should include adequate amounts of both insoluble and soluble types of fiber.

Insoluble fiber passes through the digestive tract largely intact, and helps protect against colon cancer. Good sources of insoluble fiber include whole wheat, fruits (dried figs, apples and pears eaten *with their peel*, prunes, raspberries), and vegetables (such as corn, carrots, broccoli, and potatoes eaten *with their skins*.)

Soluble fiber turns into a gel when mixed with liquid. It helps lower blood cholesterol and helps manage blood sugar levels. Good sources of soluble fiber include oats and other grains (including 100% whole wheat bread), and legumes (such as kidney, lima and pinto beans). Brown and wild rice are also good sources.

Another benefit of high-fiber foods is that they are low in calories. Plus they take longer to chew, and this gives your stomach time to send the signal to your brain that it is full. As a result you will eat less food, while still enjoying a feeling of fullness.

To keep all that fiber moving, be sure to drink eight glasses of water a day. If you don't, the fiber can slow – or even block – digestion. So raise your glass of water and say Cheers to the holiday season!

Falling Asleep Without Counting Sheep

Most people have a very full calendar in December. Yet cutting back on sleep to gain more hours in the day is not a healthy solution. While it is not necessary to get the recommended 7½ hours of sleep each and every night, it is important to enjoy a restful sleep.

If you find yourself tossing and turning all night, try the following simple steps before you go to bed to prepare your body and mind for a good night's rest.

- Set a regular bedtime.
- Stay away from caffeine, sugar and tobacco at least two hours before bedtime.
- Avoid drinking alcohol in the evening.
- Make sure your bedroom is quiet, dark, and at a comfortable temperature.
- Avoid exercise two hours before going to bed.

Sleeping pills are habit forming, and produce an unnatural sleep causing you to feel even more tired than before. Getting a full night's rest is the best way to wake up feeling refreshed.

FOR MORE INFORMATION REGARDING YOUR BENEFITS

- Review the Employee Group Insurance Handbook online at www2.state.id.us/adm/insurance/default.htm
- Call the Office of Insurance Management at (800) 531-0597 or (208) 332-1860 or email us at ogi@adm.state.id.us
- To speak directly with plan providers, please call any of these numbers:

Regence Blue Shield of Idaho at
(208) 746-2671
Toll-free at (800) 632-2022

HMO Blue at (208) 331-7319 or
(800) 627-6654

Business Psychology Associates Hotline at
(208) 343-4180 or (877) 427-2327

Delta Dental Plan of Idaho at
(208) 344-4546

This publication presents general benefit information. In the event of any conflict between the information in this publication and the Plan provisions, the Plan documents and insurance contracts will govern.

State of Idaho
Department of Administration
Office of Insurance Management
650 West State Street, Room 100
Boise, Idaho 83720-0079



PRST STD
U.S. POSTAGE
PAID
PERMIT NO. 1
BOISE, IDAHO